

## Office of the Maryland WIC Program



*Better nutrition choices for a brighter future*

## October 1, 2009 WIC Foods for Moms to Be

### Your New Monthly Food Package:

#### Fruits and Vegetables

- \$8.00 check for fresh, frozen, and canned vegetables and fruit
- 3 12-ounce cans of fruit juice concentrate

#### Grains

- 36 ounces of breakfast cereal
- 16 ounces of 100% whole wheat bread, brown rice, soft corn tortillas, or whole wheat tortillas

#### Milk/Cheese

- 4 gallons plus 3 quarts of low fat (1%) or fat free milk
- 1 pound of cheese

#### Protein Foods

- 1 dozen eggs
- 1 pound dry or 4 cans of beans, peas, or lentils
- 18 ounce jar of peanut butter

### The new WIC foods:

- Give you more choices.
- Have more vitamins and fiber with less fat.
- Help you have a healthy weight gain.

*This institution is an equal opportunity provider and employer.*